

Grundy County

Contact: Nancy L. Haren, Grundy County Public Health 319-824-6312 nancyh@gccourthouse.org

Community Health Needs Assessment Snapshot

Promote Healthy Behaviors

Problems/Needs:

- Chronic Disease-cardiovascular disease: Coronary artery disease incidence is 262.4/100,000 and for the nation 154/100,000. We rank in the middle of our peer counties. (It must be noted that 19.3% of the population is elderly compared to Iowa at 14.8% and the US at 12.4% when analyzing this data.)
- Chronic Disease: Cancer: Breast Cancer- The county rate is 59.3/100,000 population compared to the nationwide rate of 24.1. We rank above our peer counties as well. Colon Cancer- The county rate is 34.8 and nationwide 17.5. Grundy County ranks in the middle of the peer county rankings. (It must be noted that 19.3% of the population is elderly compared to Iowa at 14.8% and the US at 12.4% when analyzing this data.)
- Nutrition: According to 2008 Iowa Youth Survey only 3-4 % of Grundy County students in grades 6, 8 and 11 reported getting 5 or more fruits and/or vegetables/day. According to CDC Behavioral Risk Surveillance survey 2000-2006 82.4% of general public report eating few fruits and vegetables per day. In 2008, 64.3 % of general population of Iowa is overweight or obese; 27% of the population of Iowa is obese contributing to the incidence of cardiovascular disease, diabetes, and some cancers, including breast and colon cancer.

Prevent Injuries

Problems/Needs:

None identified

Protect Against Environmental Hazards

Problems/Needs:

- Hazardous materials-disposal of diabetic needles/expired medications. Currently there is no organized method to dispose of sharps and expired medications in Grundy County. Many residents discard used needles in the trash. Need to determine how farmers who vaccinate animals dispose of sharps as well. Expired medications are discarded in the trash or flushed.

Prevent Epidemics and the Spread of Disease

Problems/Needs:

None identified

Prepare for, Respond to, and Recover from Public Health Emergencies

Problems/Needs:

- Emergency Response: Small staff at PH office requires increased community engagement and volunteer assistance.

Strengthen the Public Health Infrastructure

Problems/Needs:

- Workforce: Grundy County is a small county with many service agencies having a small workforce. The need exists to work together to improve health outcomes.
- Quality Improvement: Need to develop PH specific indicators and improvements to optimize and provide quality services to residents.

Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
Increase the consumption of fruits and vegetables in school-aged children who attend Grundy Center Community Schools. Share with and involve the local community and other county schools.	Fruit and veggie task force formed made up of school superintendent, home economics instructor, food services director, nutritionist, local YMCA, public health, and other community members. ISU Extension invited. Local growers invited. Local restaurant owners invited.	Grundy Center school Adm./staff	Task force active and meets monthly.

Goal	Strategies	Who is responsible?	When? (Timeline)
Increase the % of Grundy County residents who are at a healthy weight.	Initiate "Live Healthy Grundy County" for weight loss and exercise.	Grundy Center Wellness Committee/Local YMCA	Jan.- April 2011
	Form a County Wellness coalition to include the entire county including at least 2 members of each of the five communities.	Grundy Center Wellness Committee	Early 2011
	Promote "Live Healthy Kids" in 2 school districts in 2011.	Grundy Center Wellness committee members/school staff/school nurse.	January-April 2011
	Continue PE for Life in GC schools; market to other schools in the county	GC School staff	Established and ongoing.
	Continue social marketing campaign after 100 days of Live Healthy Grundy County concludes to encourage residents to continue healthy lifestyles.	Grundy Center Wellness Committee; Grundy County Wellness	April 2011 ongoing

		Coalition; Local YMCA; schools; public health; hospital.	
	Encourage local restaurants and grocery stores to highlight healthy food options.	Fruits and Veggies taskforce, Wellness Committee and Coalition; local grocery stores, local restaurants.	2011 ongoing

Goal	Strategies	Who is responsible?	When? (Timeline)
Increase education of the public of the proper method to dispose of used syringes and expired medications to increase safety and decrease ground water contamination.	Work with community partners and local authorities to discuss and determine proper sharps and RX drug disposal methods and communicate to the public.	Local public health	2011
	Educate the public re: proper disposal of syringes and expired RX drugs utilizing redundant forms of education and communication.	Local public health	2011

Goal	Strategies	Who is responsible?	When? (Timeline)
Increase the number of individuals trained and ready to respond in the event of a public health emergency.	Recruit and train community members as volunteers to respond to public health emergencies.	Grundy County Public Health	2011-2012
	Form a Medical Response Team to assist public health in the delivery of medical countermeasures in the event of a disease outbreak, natural or manmade disaster.	Grundy County Public Health	March 2011-July 2011.

Goal	Strategies	Who is responsible?	When? (Timeline)
Enable community members with chronic disease to assume a major role in maintaining their health and managing their chronic health condition.	Train an additional staff member in the Chronic Disease Self-Management "Healthy Links" program through Black Hawk County Health Department.	Local public health	2011
	Collaborate with Black Hawk County Health Department to market and enroll community members to participate in Healthy Links sessions in at least 2 communities.	Local public health	2011 and 2012